

Skipping Breakfast Poor Way to Start Out the Day

By H. K. SUTHERLAND, M.D.
County Health Officer

No individual should develop the habit of skipping breakfast or doing without it altogether, for the first meal of the day may be the most important one of all. A proper breakfast provides the body with needed nourishment after a period of fasting and enables it to function efficiently through what is often the most active period of the day. It prevents mid-morning fatigue

and a lowered sense of well-being and contributes to greater physical and mental efficiency. Breakfast skippers or skimpers, say food experts, have developed a most undesirable and hurtful habit.

The substitution of a mid-morning coffee break for breakfast is almost a way of life for many people. While studies have shown that the coffee break supplies some nutritional benefits to the breakfastless individual, and is even of some help when a poor breakfast consisting of little more than a sweet roll and coffee is taken, it cannot take the place of an adequate breakfast meal.

THE TYPE of foods usually consumed at the mid-morning break—usually doughnuts, coffee cakes and the like, raise the blood sugar level for a short time only. In other words they have no "staying power," and the energy released is of relatively short duration.

There are many reasons why people develop the skip or skimp breakfast habit. Work by nutritionists, for instance, has shown that the skipping habit appears about the sixth grade level and becomes increasingly worse with the years. In one area of the country, breakfast was missed by

about 40 per cent of high school students.

THE CAUSES most frequently given for the omission included a lack of time and the fact that teenager activity failed to coincide with the family meal schedule. As a rule, breakfast is omitted oftener by girls than by boys.

Moreover, many persons, including teenagers, have the idea that doing without breakfast is a good way to lose weight, but this practice often

acts in reverse and results in a weight gain instead. Neglect of breakfast, it seems, encourages snacking, and the person tends to eat more of the day's calories when they will not be used up in activity—particularly at dinner or later, which results in the body storing much of the food as fat. It is much better to eat three properly balanced meals a day, restrict the calorie intake and omit the snacking.

THE NUTRITIVE value of

the morning meal is important. Besides furnishing one-fourth to one-third of the day's calories it should provide essential nutrients including an adequate amount of protein-rich foods such as milk, cheese, eggs, cereal, meat and fish. Depending on the person's activity, breakfast may be light or hearty but it should always be adequate in food value.

Poor breakfast habits cause many ills which range from headache and fatigue to decreased work efficiency and ac-

cident proneness. The consumption of a good breakfast may mean that the individual must get up a little earlier, but the dividends in better health and increased efficiency are likely to be substantial.

A pamphlet on this subject that includes suggestions for variety in the breakfast menu may be obtained by sending a card of request to the Division of Health, Education, Los Angeles County Health Department, 241 N. Figueroa St., Los Angeles 12.

BIRTHS

TORRANCE MEMORIAL HOSPITAL.
MITCHELL—Mr. and Mrs. Larry, 2130 Anza Ave., a boy, Sept. 4.
PEER—Mr. and Mrs. Victor, 1007 Arlington, a boy, Sept. 6.
JOHNSON—Mr. and Mrs. William, 1039 Ave. D, a boy, Sept. 6.
LEJNEIKS—Dr. and Mrs. Arno, 2149 W. 231st St., a girl, Sept. 6.
BRENNENSTALH—Mr. and Mrs. Frank D., 23719 Walnut, a boy, Sept. 6.
DRAKE—Mr. and Mrs. Russell W., 2219 Gramercy Ave., a girl, Sept. 7.
WORCH—Mr. and Mrs. Albert B., 27500 Rainbow Ridge Road, a girl, Sept. 7.
DANIELS—Mr. and Mrs. Warren D., 306 W. 235th, a boy, Sept. 8.
RADRIGUEZ—Mr. and Mrs. T., 2150 Del Amo Blvd., a boy, Sept. 8.
NOWATAKA—Mr. and Mrs. Paul M., 611 Acacia Ave., a girl, Sept. 9.
HOLT—Mr. and Mrs. Winton D., 2218 W. 230th St., a boy, Sept. 10.

HORST—Mr. and Mrs. William C., 24605 Senator Ave., a girl, Sept. 11.
RAVANELL—Mr. and Mrs. Benetti, 2504 Garnet St., a girl, Sept. 11.
TURNER—Mr. and Mrs. Ken, 2482 Oak, a boy, Charles DeWitte, Sept. 12.
HYSER—Mr. and Mrs. Robert, 2233-C W. 168th, a boy, Robert William, Sept. 14.
WILSON—Mr. and Mrs. Charles, 3116 Royal Blvd., a girl, Kristy Mae, Sept. 14.
JONES—Mr. and Mrs. Burton, 242-C Hadley Lane, a girl, Dona Jennie, Sept. 14.
WHITE—Mr. and Mrs. Douglas, 18712 Fulbar Ave., a girl, Karla Jean, Sept. 15.
SCHERER—Mr. and Mrs. Frank, 4911 William Ave., a boy, Casey Frank, Sept. 17.
JONES—Mr. and Mrs. Edward, 2709 Cretwell St., a boy, Edward Roger, Sept. 18.
AINOLD—Mr. and Mrs. Harvey, 428 217th St., a boy, Daniel Scott, Sept. 19.

BIRTHS

RIVIERA COMMUNITY HOSPITAL.
PERALTA—Mr. and Mrs. Manuel, 4809 Compton Blvd., a girl, Irma, Sept. 10.
BENNETT—Mr. and Mrs. Edward, 5432 Caliente Dr., a boy, Sam Trogear, Sept. 11.
CUMMINGS—Mr. and Mrs. Curran, 803 E. 133rd St., a boy, Curran Scott, Sept. 11.
DAVIS—Mr. and Mrs. Kenneth, 1507 Roman Ave., a girl, Kimberly Marie, Sept. 12.
PACHECO—Mr. and Mrs. Louie, 1020 W. "R" St., a girl, Theresa, Sept. 12.
STOUTS—Mr. and Mrs. Leon, 20550 Earl St., a girl, Lana Marie, Sept. 13.
SVILLA—Mr. and Mrs. Werner, 20274 Ave., a boy, Seighardus, Sept. 14.

GENTINELA VALLEY COMMUNITY HOSPITAL.
MILES—Mr. and Mrs. David E., 22715 Cerise St., a boy, Aug. 27.
STROM—Mr. and Mrs. Bruce T., 228 W. 241st St., Lomita, a boy, Aug. 30.
BRYANT—Mr. and Mrs. Franklin Desmond, 19812 Halison Place, a boy, Sept. 2.
FELDER—Mr. and Mrs. John W., 411 Artesia Blvd., a boy, Sept. 7.

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